Aunt Jenny's Favorite Recipes

HOW DID YOU EVER DECIDE WHAT RECIPES TO PUT IN THIS BOOK OF YOURS, JENNY? WHY, YOU MUST KNOW THOUSANDS!
WELL, CALVIN, I KNEW FOLKS WOULD WANT RECEIPTS FOR EVERY DAY - NOT TOO FUSSY OR HARD ON THE POCKETBOOK, BUT GOOD-TASTIN' THESE SURE ARE - AN' SO DIGESTIBLE EVEN A CHILD CAN EAT 'EM, FOR THEY'RE ALL MADE THE Spry WAY

DELICIOUS, ECONOMICAL AND EASY TO MAKE WITH THE PURER ALL-VEGETABLE SHORTENING

Spry IT'S TRIPLE CREAMED!

SAY, ONCE YOU'VE USED SPRY, OLD-TIME SHORTENIN'S SEEM AS OUT OF DATE AS THE DRESS I WORE WHEN I MARRIED CALVIN. THAT WAS 30 YEARS AGO HERE'S HOW WE LOOKED ON OUR HONEYMOON

And How Calvin loves my Spry Cookin'!

Good-tastin' food makes a heap of difference to *any* family, doesn't it, ladies? And that's why you'll set such a store by Spry. It makes everythin' taste *so grand*. Whether you're a brand-new bride or an old hand at cookin' you'll be surprised how delicate Spry makes *all* your cakes, pies, and fried foods.

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What's more, everythin' you make the Spry way digests so easy and tastes so good. Take my husband, Calvin. Since I've been doin' all my bakin' and fryin' with Spry, he's just about eatin' me out of house and home.

Then take the receipts in this book. They're so thrifty and dependable you're bound to like 'em. Why every single one has been tested over and over in the Spry Kitchen. Follow 'em carefully — that's what I mean when I tell you to cook the Spry way.

So get a can of Spry *today*. See how soft and creamy — how smooth and white it is! You'll say Spry blends with other ingredients faster 'n you can say "Jack Robinson!" Why it takes only a jiffy to mix cakes and pie crust with Spry. And this all-vegetable shortenin' keeps sweet and fresh right on my kitchen shelf. You owe it to yourselves, ladies, to try Spry *now*. Better ask for the thrifty three-pound can — it gives you more for your money.

US LADIES IN THE SEWIN' CIRCLE GOT TALKIN' 'BOUT SPRY THE OTHER DAY AN' HOW IT MAKES OUR COOKIN' GO EASIER AN' TASTE BETTER... SO I THOUGHT I'D PASS SOME OF THEIR TIPS ON TO YOU

Cakes so light, velvety, delicate!

"Why you could have knocked me over with a feather the first cake I made with Spry," says Sarah Garland (her husband's principal down at the High School). "For years I'd thought there was only one shortenin' for cakes. But Spry gives *such* light, fine, delicate-flavored cakes and think how much easier on your budget than if you'd used more expensive cake shortenin'. Spry's so smooth and so marvelously creamy it mixes in a jiffy."

What flaky, tender pastry!

And then that little bride up our street spoke up real proud-like: "Bill says my pie crust made the Spry way is so flaky and tender it melts in his mouth. And it's easy to digest as plain bread. No bother to make either, even for a greenhorn like me. Spry cuts into the flour quick as can be. And just think, you don't even have to chill your ingredients!"

Foods fried the Spry way are crisper and so digestible!

But say, when it comes to frying, I could tell as much as any of 'em! Since I been frying the Spry way, you should see all the doughnuts, French fries, and fried chicken my husband, Calvin, stows away! And they're so good for him. Best of all, there's no pesky frying smell an' smoke when you fry with Spry. It's purer. So no wonder you get better-tastin' baked foods, too.

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AUNT JENNY, HOW IN THE WORLD DID YOU GET THAT PIE BAKED SO SOON?
I'LL LET YOU INTO THE SECRET, ANDIE. IT'S SPRY PASTRY MIX. WITH IT ON HAND EASILY YOU CAN HAVE A PIE HOT OUT OF THE OVEN IN NO TIME AT ALL.

The Greatest Time-saver in the History of Pie Bakin'

Spry Pastry Mix

SIFT flour and salt together into a large bowl. . . . Add 1 pound Spry to flour and cut in until mixture is as fine as meal. . . . Add remaining 1 pound Spry and continue cutting until particles are size of a navy bean. . . . Put Spry Pastry Mix in a covered container and store on the pastry shelf or in the cupboard for use as needed. Do not keep Spry Pastry Mix in the refrigerator — it will keep sweet and fresh at room temperature.

Uses for Left-over Pastry

Old-time Jelly Tarts

Roll dough ⅛-inch thick and cut with cookie cutter. In ½ of the circles cut 2 or 3 small holes with thimble. Bake in very hot oven (450° F.) 5 to 10 minutes. Cool. Put plain and perforated pastry circles together in pairs with jelly between.

Stacked Pies

Spread 5-inch baked circles of pastry with apple butter and put lightly together in stacks of three.

Sugar Seals

Roll dough ⅛-inch thick. Sprinkle with mixture of sugar and cinnamon or sugar rubbed with a little grated lemon rind. Roll like jelly roll and cut in thin slices. Bake in hot oven (425° F.) 5 to 10 minutes.

Sugar Pies

Roll dough ⅛-inch thick and cut in 7-inch circles. Spread liberally with brown sugar to within ½-inch of edge and dot with butter. Fold edge over sugar and press down. Bake in hot oven (425° F.) 5 to 10 minutes.

SO MANY LADIES ASKED ME HOW I MAKE TENDER, FLAKY, DIGESTIBLE PIE CRUST THAT I'M SHOWIN' HOW HERE. IT'S EASY AS ROLLIN' OFF A LOG IF YOU USE SPRY AN' DO IT THIS WAY...

Cut in First Half of Spry Evenly
Add Spry to sifted flour and salt in two portions. Cut in the first half until mixture is as fine as meal. This makes the pastry extra tender.

Cut in Other Half of Spry Coarsely
Add the remaining half of the Spry and continue cutting, leaving larger pieces about the size of navy beans. This makes the pastry extra flaky.

Now Add Cold Water Sparingly
Sprinkle water over flour-Spry mixture gradually, mixing lightly with a fork. Add only enough to make a dough that "cleans the bowl."

Seal Fruit Pies to Keep in Juices
Trim undercrust even with edge of pan. Cut top crust ½-inch larger and fold it under the bottom crust. Press together with tines of a fork.

GRANDPA BRIGGS UP AT THE OLD SOLDIERS' HOME SAYS HE'LL EAT ANY KIND OF PIE YOU GIVE HIM JUST SO LONG AS IT'S APPLE. I GUESS SOME OF YOUR MEN FOLKS FEEL THE SAME SO I'M DEVOTIN' THIS WHOLE PAGE TO **APPLE PIES**

Pie Crust

2 cups sifted all-purpose flour
1 teaspoon salt
⅔ cup Spry
4 tablespoons cold water (about)

SIFT flour and salt together. . . . Add ⅔ of Spry to flour. Cut in with pastry blender or two knives until mixture is as fine as meal. Add remaining Spry and continue cutting until particles are size of a navy bean. . . . Sprinkle water gradually over mixture. With a fork, work lightly together until all particles are moistened and in small lumps. Add just enough water to moisten. Press dampened particles together into a ball and work lightly into a smooth blended dough. Do not handle dough any more than necessary. . . . Makes 1 two-crust 9-inch pie.

To make a two-crust pie with Spry Pastry Mix, use 2 cups of the Mix (page 2).

Milk (either whole or skim) can be used instead of water for making pastry with a special brown bloom.

Spicy Apple Pie

Pastry for two-crust pie and filling for 1 pie

FOR pastry, use 1 recipe Pie Crust (above) or 2 cups Spry Pastry Mix (page 2). Roll ⅔ of dough and line a 9-inch pie plate. Fill pie shell with sliced apples. . . . Mix sugar, spices, salt, and lemon juice. Sprinkle over apples. Dot with butter. Moisten edge of pie with water. . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over apples and seal edge of pie. (See page 3.) . . . Bake in hot oven (425°F.) 50 to 60 minutes.

6 large tart apples, sliced thin
1 cup sugar
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon salt
2 tablespoons lemon juice
1 tablespoon butter

Apple Pie Variations

(Pastry and apples for each variety same as for Spicy Apple Pie)

1. ½ cup dark brown sugar, firmly packed
½ teaspoon allspice
½ teaspoon cinnamon
½ teaspoon salt
2 tablespoons butter

2. ½ cup maple sugar
½ teaspoon cinnamon
2 tablespoons butter

3. ½ cup sugar
½ teaspoon nutmeg
½ teaspoon cinnamon
2 tablespoons butter

4. ½ cup sugar
½ teaspoon cinnamon
2 tablespoons lemon juice
1 tablespoon butter

5. ½ cup sugar
4 tablespoons butter

PIES

Yellow Peach Pie

I use this recipe for apples, too, when all spices vary.

- 8 cups canned sliced peaches
- ¾ cup sugar
- ¼ cup sugar
- ½ teaspoon salt
- 2 tablespoons quick-cooking tapioca
- 1 tablespoon butter

COMBINE peaches, juice, sugar, salt, and tapioca and let stand while pastry is being made. . . . For pastry, use 1 recipe Pie Crust (page 4) or 2 cups Spry Pastry Mix (page 2 . . . . Roll ½ of dough and line a 9-inch pie plate. Fill pie shell with peaches. Dot with butter. Moisten edge of pie with water . . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over fruit and seal edge of pie. (See page 8.) . . . Bake in hot oven (425° F.) 50 to 60 minutes.

Variations. Canned apricots, pineapple, or red pitted cherries can be substituted for peaches, if desired.

Blueberry Nectar Pie

Delicate sugar syrup flavors "flood for the grills," and fruit put up.

- 1 quart fresh blueberries
- 2½ tablespoons quick-cooking tapioca
- ¾ cup granulated sugar
- ¼ teaspoon salt
- 1 tablespoon vinegar or lemon juice
- ½ cup brown sugar, firmly packed
- 1 tablespoon butter

MIX blueberries, tapioca, granulated sugar, salt, and vinegar and let stand while pastry is being made. . . . For pastry, use 1 recipe Pie Crust (page 4) or 2 cups Spry Pastry Mix (page 2). Roll ½ of dough and line a 9-inch pie plate. . . . Fill pie shell with berries, sprinkle with brown sugar, and dot with butter. Moisten edge of pie with water. . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over berries and seal edge of pie. (See page 8.) . . . Bake in hot oven (425° F.) 50 to 60 minutes.

Fresh Cherry Pie

Pastry . . . isn't it canned cherry filling, not all by herself, flaky crust.

- 4 cups fresh tart cherries, pitted
- 3 tablespoons quick-cooking tapioca
- 1 cup sugar
- 1 tablespoon butter

COMBINE cherries, tapioca, and sugar and let stand while pastry is being made. . . . For pastry, use 1 recipe Pie Crust (page 4) or 2 cups Spry Pastry Mix (page 2). . . . Roll ½ of dough and line a 9-inch pie plate. Fill pie shell with cherry mixture. Dot with butter. Moisten edge of pie with water. . . . Roll remaining dough for top crust and cut a few slits to permit steam to escape. Fit top crust over cherries and seal edge of pie. (See page 8.) . . . Bake in hot oven (425° F.) 50 to 60 minutes.

Colonial Pumpkin Pie

You'll like the spicy tartness . . . reminiscent of Indian fritters. And it's so easy to make!

- 1½ cups canned or cooked pumpkin
- 1 cup brown sugar, firmly packed
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- ½ teaspoon nutmeg
- 2 tablespoons molasses
- 2 eggs, slightly beaten
- 1 cup evaporated milk

FOR pastry, use recipe for Pie Shell (page 7) or 2¼ cups Spry Pastry Mix (page 2). Roll dough—but do not prick—and make a 9-inch pie shell. (See page 6.) . . . Combine pumpkin, brown sugar, salt, spices, and molasses and mix well. . . . Add eggs and milk. . . . Pour mixture into unbaked pie shell. . . . Bake in hot oven (425° F.) 40 to 45 minutes, or until a knife inserted comes out clean. . . . Serve slightly warm or cold with wedges of sharp cheese. Molasses can be omitted, if desired.

Squash Pie. Use canned squash instead of pumpkin.

All measurements for this book are level.

Let The Dough Relax in Pan

After rolling the dough and pricking it all over with a fork, fit dough gently into the pan and let relax 5 minutes. This helps to keep the pastry from shrinking.

Put Out Air with Ball of Dough

Pat pastry with ball of dough, working outward from center. This forces out air and helps to make a pie shell that will not puff out of shape during the baking.

Make A Little Wall All Around

After cutting pastry 1-inch larger than pan, turn dough back even with rim to make a standup "collar." Then crimp evenly with fingertips into a fluted rim.

MY DAUGHTER, SYLVIA, SAYS NOTHIN' PUTS HER HUSBAND IN SUCH GOOD HUMOR AS A NICE FRESH-BAKED LEMON MERINGUE PIE... AN' LET ME GIVE YOU A FEW POINTERS ABOUT THE PIE SHELL

Pie Shell

1½ cups sifted all-purpose flour
½ teaspoon salt
½ tablespoons Spry
3 tablespoons cold water (about)

If using *Spry Pastry Mix*, use 1½ cups of the mix (page 8).

SIFT flour and salt together. . . . Add ½ of Spry to flour. Cut in until mixture looks like meal. Add remaining Spry and continue cutting until particles are size of a navy bean. . . . Sprinkle water gradually over mixture. With a fork, work lightly together until a dough is formed. Roll dough ⅛-inch thick and prick with a fork (for baked pie shell only). Place dough in pan and let relax 5 minutes. Put with ball of dough to fit pastry into pan. Trim pastry 1-inch larger than pan and turn back edge. Flute rim. Bake in very hot oven (450°F.) 15 minutes.

Lemon Meringue Pie

½ cup cold water
3 tablespoons cornstarch
1½ cups hot water
¾ cup sugar
4 egg yolks, slightly beaten
1 lemon (grated rind and juice)
1 tablespoon butter
1 baked Pie Shell (above)

MIX ½ cup cold water and cornstarch to thin paste. . . . Combine 1½ cups hot water and sugar in top of double boiler and bring to boil over direct heat. Add cornstarch paste and cook until mixture begins to thicken, return to double boiler and cook until thick and smooth (15 minutes), stirring constantly. . . . Stir a small amount of mixture into beaten egg yolks, return to double boiler, and cook a few minutes longer. Add lemon rind, juice, and butter and blend. Cool, stirring occasionally. . . . Pour into baked pie shell. Top with meringue made with 4 egg whites, 6 tablespoons sugar, and 1 teaspoon lemon juice. (See Meringue, below.)

California Sunshine Pie

½ cup cold water
3 tablespoons cornstarch
1 cup hot water
½ cups sugar
Dash of salt
4 egg yolks, slightly beaten
2 tablespoons lemon juice
½ cup orange juice
1 teaspoon grated lemon rind
1 teaspoon grated orange rind
2 tablespoons butter
1 baked Pie Shell (above)

MIX ½ cup cold water and cornstarch to thin paste. . . . Combine 1 cup hot water, sugar, and salt in top of double boiler and bring to boil over direct heat. Add cornstarch paste and cook until mixture begins to thicken, return to double boiler and cook until thick and smooth (15 minutes), stirring constantly. . . . Stir a small amount of mixture into beaten egg yolks, return to double boiler, and cook a few minutes longer. . . . Add fruit juices and rinds and butter and blend well. Cool, stirring occasionally. Pour into baked pie shell. . . . Top with meringue made with 4 egg whites, 6 tablespoons sugar, and ½ teaspoon grated orange rind. (See Meringue, below.)

Meringue

4 egg whites
6 tablespoons sugar
½ teaspoons vanilla or 1 teaspoon lemon juice

BEAT egg whites until they hold a stiff peak. Add sugar gradually (1 tablespoon at a time), beating constantly. Add vanilla or lemon juice. Pile lightly on filling in baked pie shell. . . . Bake in moderately slow oven (325°F.) 20 minutes, or until firm and delicately browned.

Butterscotch Pie

Cut the apple into slices as smooth as a potato's skin. Soak the apple peel in water.

COMBINE brown sugar, salt, and water in top of double boiler. Boil over moderate heat to a thick syrup (about 3 minutes). . . . Mix ¼ cup milk and cornstarch to thin paste. Add 1½ cups milk; then combine with hot syrup and cook over hot water until thick and smooth, then cook 15 minutes longer, stirring constantly. Stir a small amount of mixture into beaten egg yolks, return to double boiler, and cook a few minutes longer. . . . Add butter and vanilla. Cool. Pour into baked pie shell. . . . Top with Meringue (see page 7), using brown sugar and vanilla.

- ⅔ cup brown sugar, firmly packed
- ½ teaspoon salt
- 2 tablespoons water
- 1 cup milk
- 4 tablespoons cornstarch
- 1½ cups milk
- 2 egg yolks, slightly beaten
- 2 tablespoons butter
- ½ teaspoon vanilla
- 1 baked Pie Shell (page 7)

Cranberry Apple Pie

Use red apples and bright pie with a cranberry that like this. It looks real pretty.

COMBINE cranberries, apples, sugar, and water. Let stand while rolling pastry. . . . For pastry, use 1 recipe Pie Crust (page 4) or 3 cups Spicy Pastry Mix (page 2). . . . Roll ⅔ of dough and line a 9-inch pie plate. Roll remaining half of dough and cut in narrow strips about ½ inch wide. . . . Fill pie shell with fruit mixture. Place pastry strips on top, interweaving them to make an attractive lacy top. Moisten edge of pie with water, place strip of dough around rim, and press together with fork. . . . Bake in hot oven (425° F.) 50 to 60 minutes.

- 2½ cups cranberries
- 1½ cups apples, chopped
- 1½ cups sugar
- ½ tablespoon water

Strawberry Chiffon Pie

This is made a strawberry pie and just as delicious and fruity as can be.

SOFTEN gelatin in cold water and dissolve over hot water. . . . Combine crushed strawberries, sugar, lemon juice, and salt. Add gelatin mixture and chill until slightly thickened. . . . Beat egg whites until stiff and fold in whipped cream. Fold in strawberry mixture. . . . Pile lightly in baked pie shell. Chill in refrigerator several hours, or until firm.

Raspberry Chiffon Pie. Instead of strawberries, use fresh raspberries, crushed and rubbed through a sieve; reduce lemon juice to 2 tablespoons.

- 1 tablespoon gelatin
- 2 tablespoons cold water
- 1 pint fresh strawberries, crushed
- 1 cup sugar
- ¼ cup lemon juice
- ¼ teaspoon salt
- 2 egg whites
- 1 cup heavy cream, whipped
- 1 baked Pie Shell (page 7)

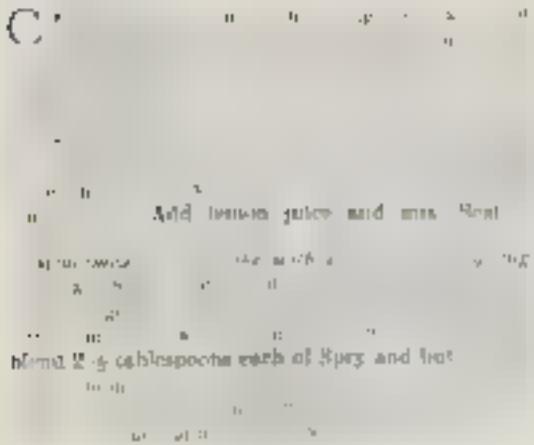
Orange Chiffon Pie

Beat the mixture while it cooks to make it extra light and velvety.

SOFTEN gelatin in cold water. . . . Combine beaten egg yolks, sugar, salt, orange juice, and lemon juice, and blend well. . . . Cook over boiling water until thick and foamy, beating constantly with rotary egg beater (about 3 minutes). Remove from hot water. . . . Beat in gelatin and orange rind. Chill until slightly thickened. . . . Beat egg whites until stiff. Add sugar gradually, beating after each addition until stiff. Fold into gelatin mixture. . . . Pile in baked pie shell. Chill in refrigerator several hours.

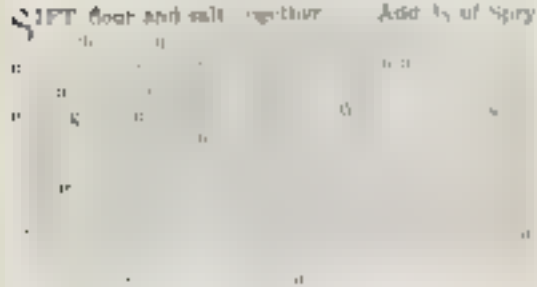
- 1 tablespoon gelatin
- ¼ cup cold water
- 3 egg yolks, beaten
- ½ cup sugar
- ¼ teaspoon salt
- ½ cup orange juice
- 1 tablespoon lemon juice
- 2 teaspoons grated orange rind
- 3 egg whites
- ½ cup sugar
- 1 baked Pie Shell (page 7)

P ES AND TURNOVERS



Add lemon juice and mix. Heat

blend 2 ½ tablespoons each of Spry and flour



SIFT flour and salt together. Add ½ of Spry

S

through 4-inch biscuit cutter and
with crumbs and fit into

M

in double boiler and
over boiling

stantly. Return to double boiler

thin brown edges. Return to double boiler

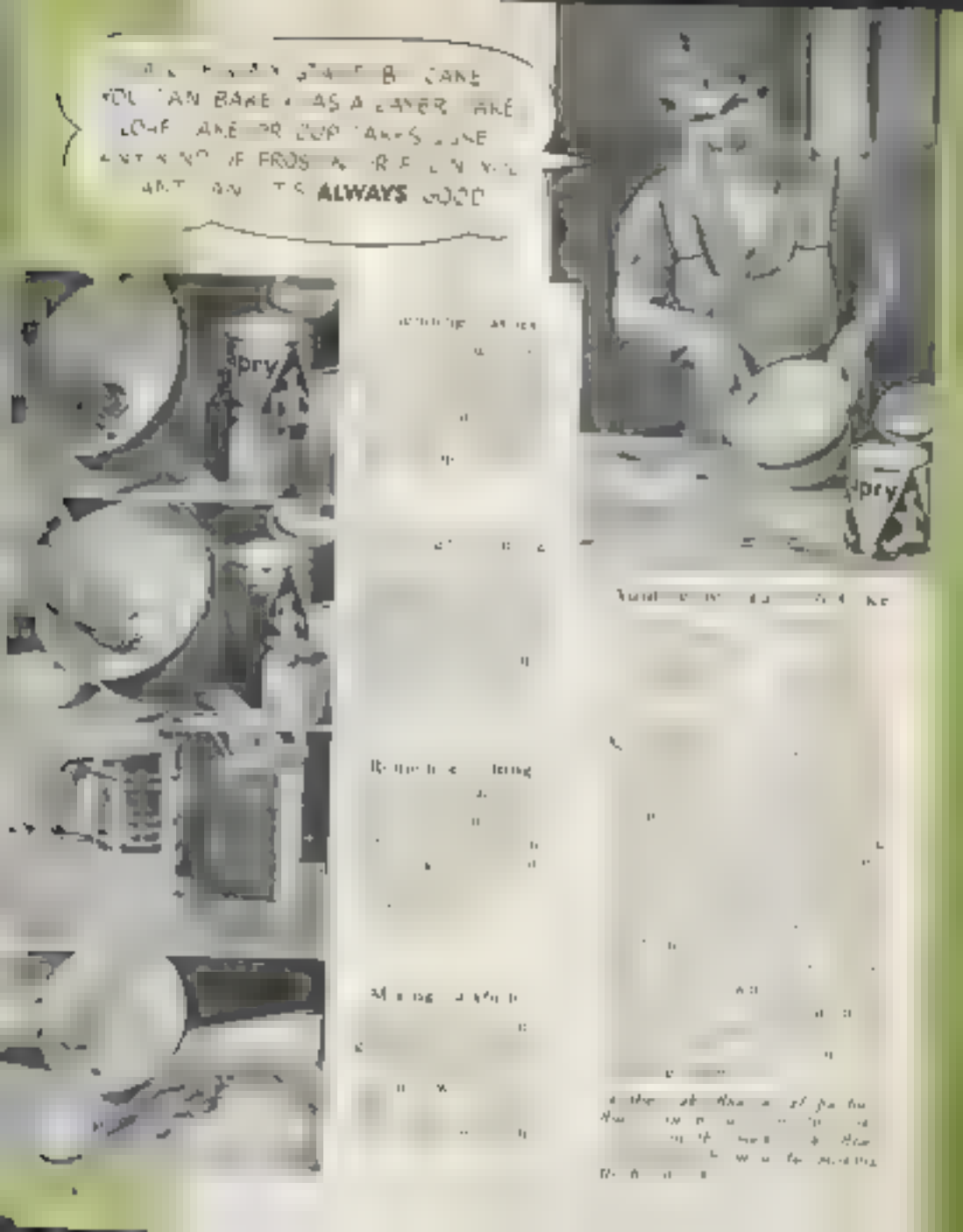
B

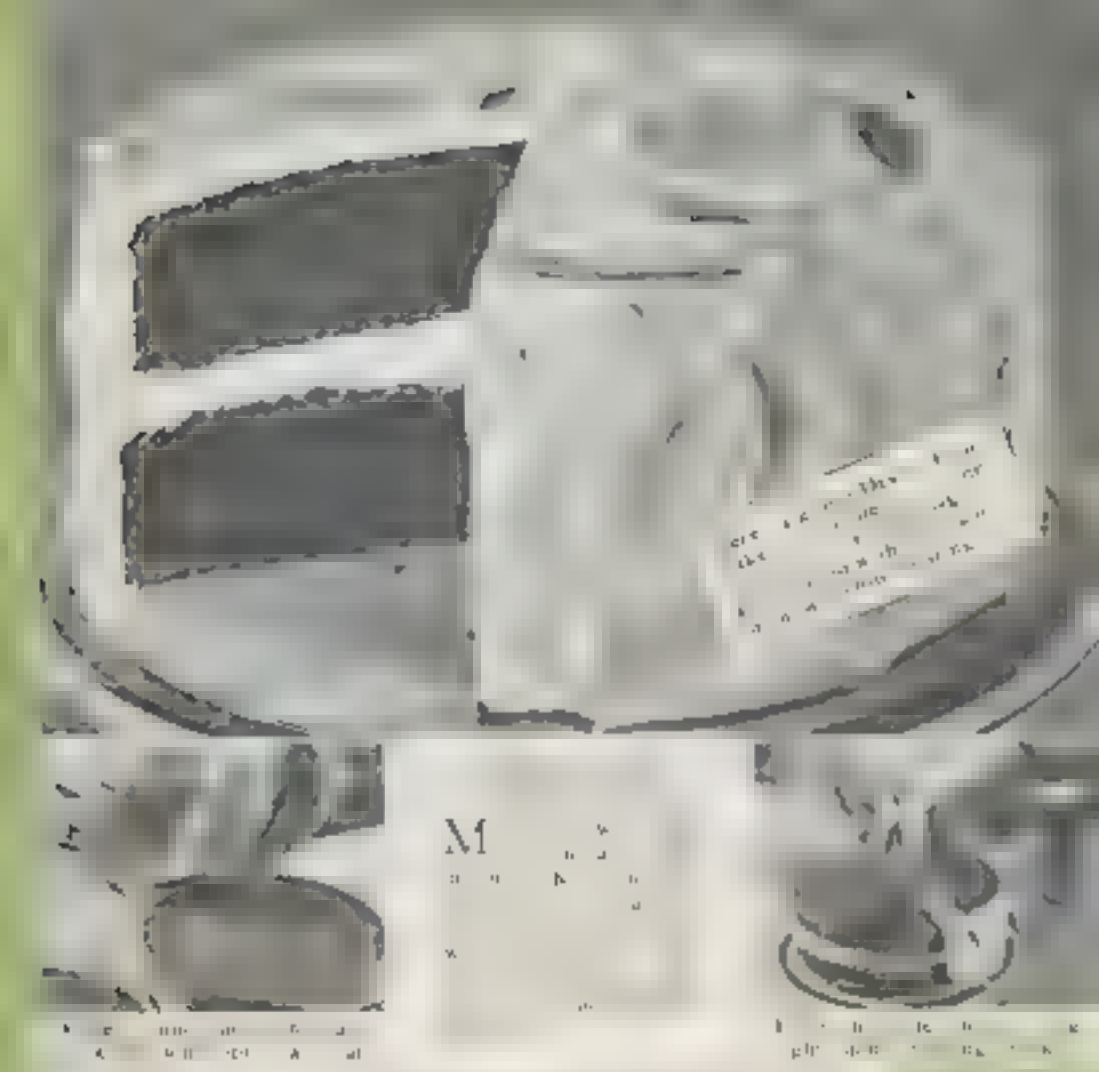
take in hot oven 400 F until a delicate brown
brown. Allow 5 minutes. Makes 2 cups

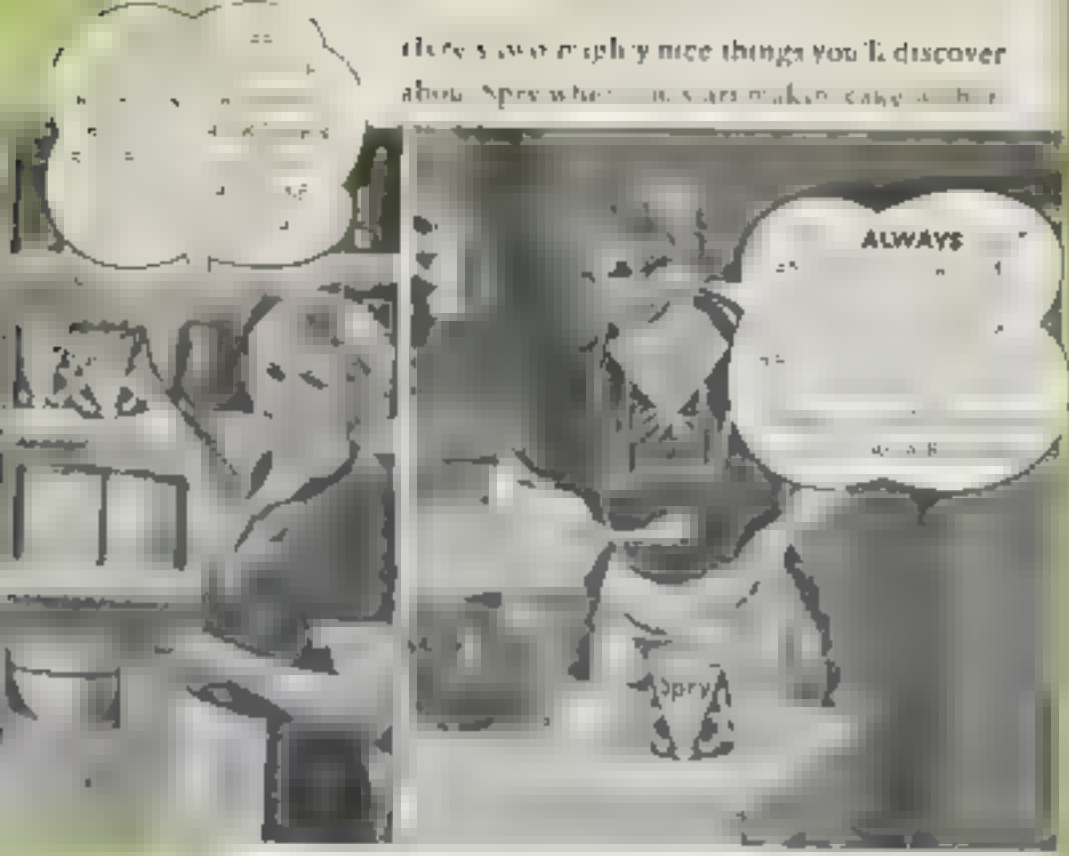
C

Roll out dough ¼ inch thick and cut into 3-inch
about 2 tablespoons of pineapple mixture into each

over the canned peaches or apricots


BE CAKE
AS A LAYER CAKE
OR CUP CAKES ICING
ALWAYS GOOD
Spry
Spry




ALWAYS

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Frosting [illegible]

([illegible]

[illegible]ating
The proce-

[illegible] cream Frosting page 5 if preferred

([illegible]
[illegible]cially and cream thoroughly. Add egg
[illegible]
[illegible] with milk, mixing after each
[illegible] smooth. Pour batter into cup-
[illegible] greased with *Spry Pan-ease*. Bake
[illegible] 425° F. 15 to 20 minutes. Makes
[illegible]
Pea[illegible]

[illegible] with *Spry Pan-ease*. Bake in moderately
[illegible]
[illegible]

CAKES

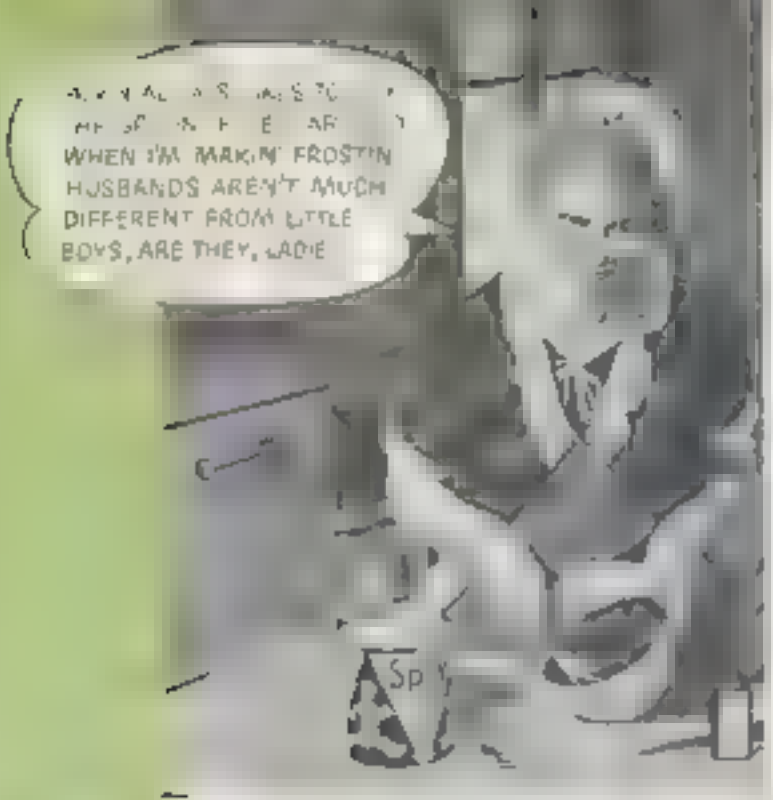
S gradually and stir until smooth. Cool. Crum

Add baking powder and soda to flour and sift 3 times. Add small amounts of flour to creamed mixture alternately with cooled cocoa mixture, mixing after each addition until smooth. Pour batter into 14 x 9 x 2-inch pan greased with 'Spry' flour mixture. Bake in moderate oven 350° F. 50 to 60 minutes. Spread Caramel Nut Frosting

To substitute chocolate for cocoa, add 4 ounces

Sift dry ingredients together three times. Add sugar gradually and cream until light and fluffy. Add baking powder to flour and sift three times. Add small amounts of flour mixture, alternately with vanilla and

Image B between layers and on



Vanilla Cream Frosting

M

solved. Add vanilla. Add chocolate mixture and beat
thick enough
frosting to cover
spreading

Caramel Nut Frosting

C

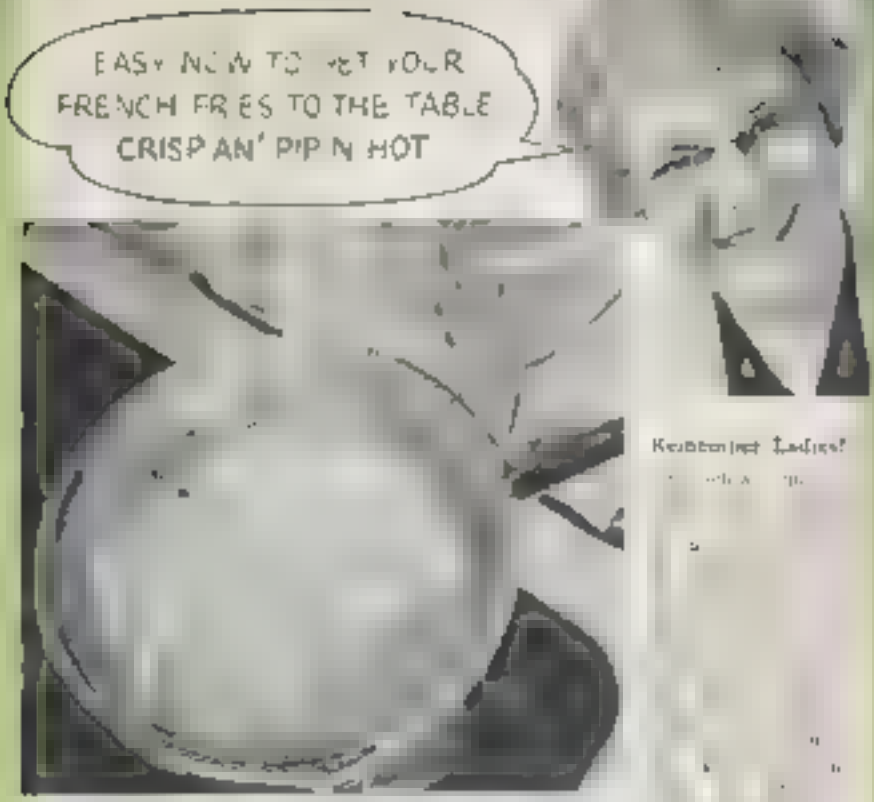
FROSTINGS

Makes enough icing to cover top of a 10 x 10-

Makes enough frosting

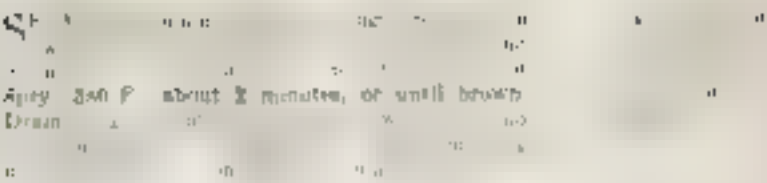
In for filling between layers. Spread plain white

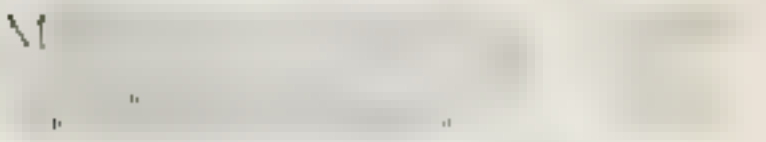
bine egg white and cream of Makes enough frost-

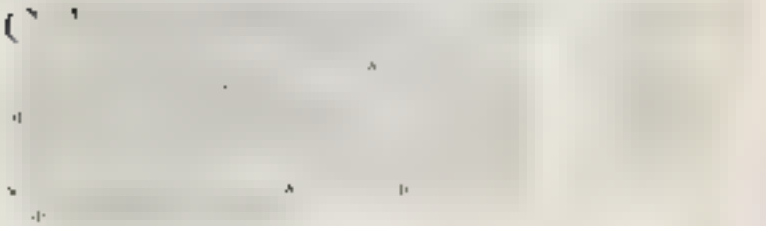

EASY NOW TO GET YOUR
FRENCH FRIES TO THE TABLE
CRISP AN' PIPIN HOT

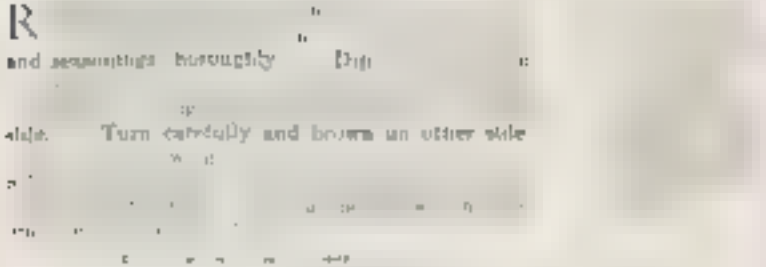
Spry

FRYING









FRYING

milk, malt and cream of tartar. Add the f

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rest to lukewarm. Add crumbled yeast. Sur

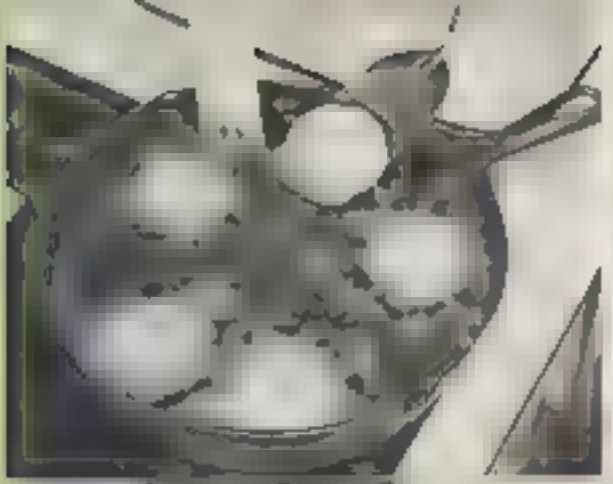
dough. Cover and let rise until double in
bulk, about 2 hours. Roll dough ¼-inch thick

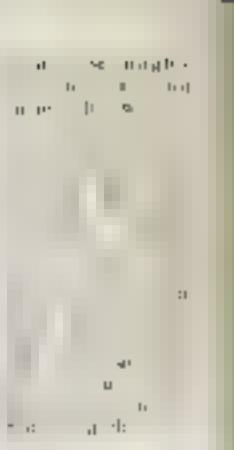
place until very light. Fry in deep hot fat
360° F. until brown, turning once. Drain

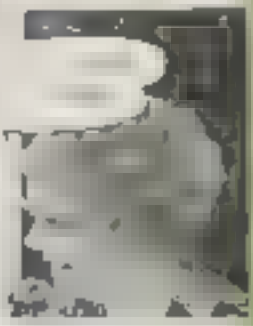
dip in batter and fry in deep

each sleeve, dip in batter and fry

and paprika. Then dip in egg, then in
crumbs. Fry oysters in hot fat 375° F. (mach







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M

B

Add liquids to spicy mixture gradually, mixing well after each addition. Put mixture in cup as needed. It will keep fresh and sweet

P

cool until potatoes are tender

nately garnish with parsley. Serves 6

FRYING

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Top with pineapple

with sliced cold ham, fried pears and tart jelly

K

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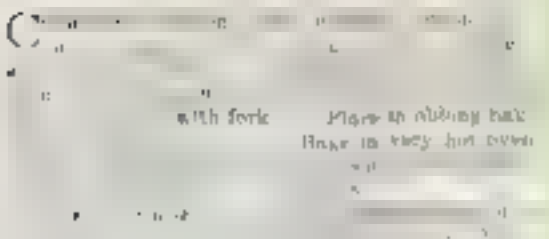
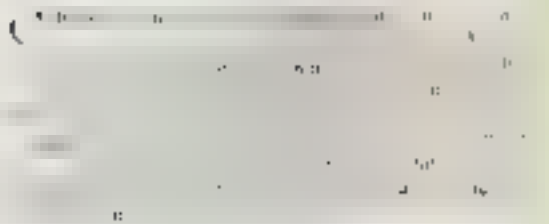
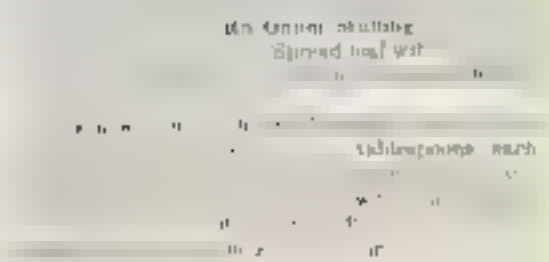
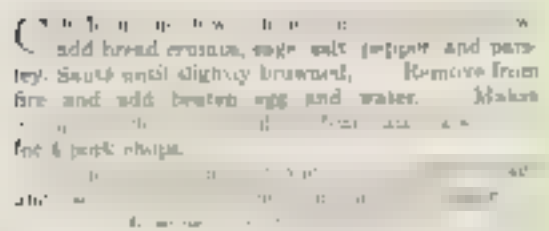
Biscuits page 39 and a light fruit salad for

MAIN DISHES









MAIN DISHES

C

All milk or all sour cream can be used. If dry

C
meat, seasonings, milk, and egg, and blend thoroughly. Form into 12 balls, dust in flour

Place quartered raw potatoes and whole small onions (6 of each

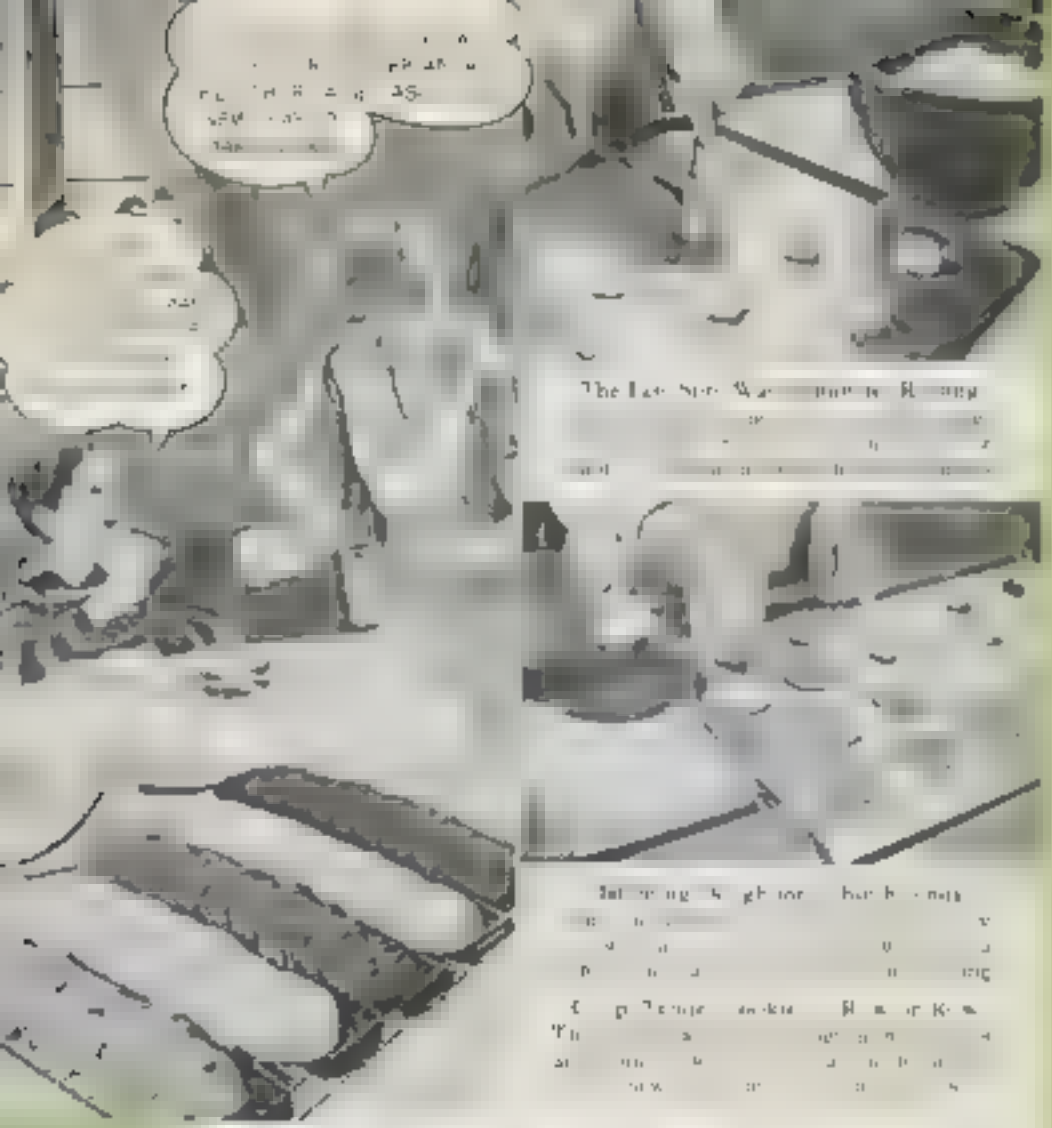
Brush trussed, stuffed turkey or chicken with melted fat; cover with a piece
and brush cloth thoroughly with melted fat
roast oven 350° F. allowing 20 to 25 minutes per
during latter part of
uniformly all over.

C
thyme, and parsley and mix thoroughly
to just moisten stuffing. Add bread crumbs and
Makes enough stuffing for one 6-pound bird

MAIN DISHES

minutes. Turn and brown on other side.

MEAT PIES



COOKIES

(illegible)

(illegible)

(illegible)

Blend. Sift flour and salt together. Add flour

(illegible)

(illegible)

Add beaten eggs and milk and mix well. Sift

(illegible)

COOKIES

( ) CHILI NUT Spicy salt and vanilla mix

well with flour with baking powder Add spicy mixture

pinch balls

Bake in moderate oven 350 F minutes Makes 4 dozen cookies The cookie balls may also be rolled in tiny colored candies

( )

Add beaten egg and mix thor

add vanilla

( )

boil 3 minutes Remove from fire Add nuts

COOKIES

COOKIES

(...MIXER Spicy and salt. Add ... and ...
... greased with *Spicy Popcorn ...
... and foamy. Then add 2 unbeaten flour, baking ... powder, coconut and nuts and blend. Spread ... over baked mixture. Return to moderately slow ... oven (325°F.) and bake 25 minutes. Cool and ...

(...MIXER. Spicy, salt ... beat well. Add grated ... sugar gradually and cream ...

...teaspoon on baking sheets greased with *Spicy Popcorn. Press cookies lightly with fork to flat...

(...

...

baking sheets greased with *Spicy ...

M...

Baking Powder

Pecan Rolls

BREADS

BREADS

Sift flour with baking powder and salt. Add sugar, Spry and milk; mix as for cake. Add egg whites. Bake in hot waffle iron. Serve hot with butter.

Cinnamon Sprinkle batter with mixed cinnamon and chopped pecans before closing iron.

Sift flour with baking powder and salt. Add sugar, Spry and milk; mix as for cake. Add beaten egg to corn mixture, mixing thoroughly. Pour into 8 x 8-inch pan greased with Spry. Bake in hot oven (425° F.) 30 minutes, or until done. Serve warm with butter.

Sift flour with baking powder and salt. Add graham flour and brown sugar and mix thoroughly. Pour batter into muffin cups greased with Spry.

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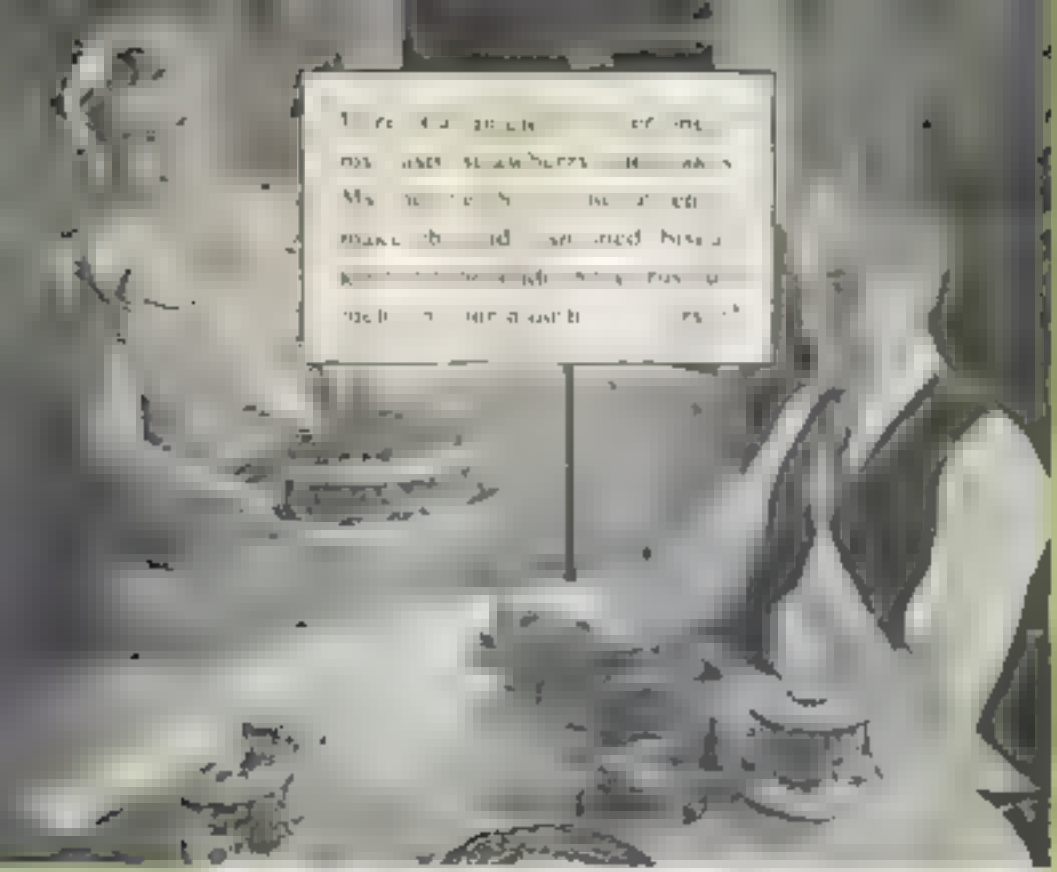
Sift flour with baking powder and salt. Add graham flour and brown sugar and mix thoroughly. Pour batter into muffin cups greased with Spry.

BREADS

COMBINE dates,



DESSERTS

DESSERTS

P

Drain dough by

make in fast

S

30 minutes Serve with cream Serves

SIFT flour with baking

S

Cream Puffs

½ cup Spry
1 cup boiling water
1 cup sifted all-purpose flour
½ teaspoon salt
4 eggs, unbeaten

BRING Spry and water to boiling point in saucepan. . . . Sift flour and salt together. Add to water all at once and beat vigorously until mixture is thick and smooth and comes away easily from sides of pan. Remove from fire. . . . Add eggs, one at a time, beating thoroughly after each addition until mixture is smooth and blended. . . . Drop mixture from tablespoon about 2 inches apart on baking sheet greased with Spry. (The mixture should hold its shape and not spread. . . . Bake in very hot oven (450°F.) for 10 minutes, then reduce heat slightly to 400°F. for 25 minutes longer. . . . Cool. Slit each puff and fill with Cream Filling (below). Dust with confectioners' sugar. . . . Makes 18 puffs.

Cream Puffs

1 slice add 1 tsp grated cheese to the batter then fill the rolls with salad.

Cream Filling

½ cup sugar
6 tablespoons flour
Dash of salt
2 cups milk
6 egg yolks, slightly beaten
1 teaspoon vanilla

MIX sugar, flour, and salt together thoroughly. . . . Add milk and mix well. Add egg yolks and blend. . . . Place over hot water and cook until smooth and thick, stirring constantly (about 10 minutes). Cool, stirring occasionally, to prevent a skin forming on top. . . . Add vanilla. . . . Makes enough filling for 18 cream puffs.

Almond Cream Filling. Add ½ cup toasted chopped almonds to Cream Filling.

Cream Filling

Try a change, you'll like it with a nut texture added.

Dutch Apple Cake

2 cups sifted flour
2 teaspoons baking powder
2 tablespoons sugar
½ teaspoon salt
½ cup Spry
1 egg, well beaten
¾ cup milk
6 tablespoons Spry
1 tablespoon butter
¾ cup brown sugar, firmly packed
1 teaspoon cinnamon
½ tablespoon milk
6 sour apples, sliced

SIFT flour with baking powder, sugar, and salt. Cut in ½ cup Spry until mixture is as fine as meal. . . . Combine beaten egg and milk and add to flour mixture, mixing to a soft dough. . . . Melt 2 tablespoons Spry and butter together; add brown sugar, cinnamon, and milk, and mix well. Pour into 8 x 8-inch pan greased with Spry. . . . Press apple slices into mixture in circles. Spread dough over apples. . . . Bake in moderate oven (350°F.) 50 to 60 minutes. Serve upside down with cream. . . . Serves 8 to 10. . . . Another tempting dessert may be made by using canned sliced peaches *instead of* apples.

Dutch Apple Cake

It's baked upside down so the apples look nice and tender.

Lemon Dainty

3 tablespoons Spry
¼ teaspoon salt
¾ cup sugar
3 tablespoons flour
3 egg yolks
1 cup milk
Juice and grated rind of 1 lemon
3 egg whites, stiffly beaten

COMBINE Spry, salt, sugar, and flour, and mix well. . . . Add egg yolks, milk, lemon juice and rind, and beat with rotary egg beater until smooth. . . . Fold in beaten egg whites. . . . Pour into baking dish greased with Spry, set in pan of hot water, and bake in moderate oven (350°F.) about 45 minutes. . . . Serve warm. . . . Serves 6. . . . When baked, the pudding is a delicate sponge on top and a yellow-gold sauce underneath.

All measurements in this book are level

Lemon Dainty

The sauce underneath doesn't show.

MRS. CALVIN WHEELER

Mebbe I mentioned it before, but I want to say over again, so that everybody gets it, how <u>easy to digest</u> foods cooked the Spry way are.

Grandpa Briggs at the Old Soldiers' Home eats pies and doughnuts and fried foods aplenty. Mrs. Thompson, the matron, uses Spry for everythin'.

Ikeside tastin' extra-good, foods made the Spry way sure set easy on the stomach! Take cakes and biscuits — they're so much lighter and finer. Same with pie crust — it's so flaky and tender, so crisp and delicate. No wonder it digests as easy as plain bread!

And you'll notice such a difference with fried foods! Fact is, foods fried proper in Spry are as digestible as if baked. Here's why: Spry is sweet and pure — doesn't break down in fryin'. It forms a crisp, golden crust that seals in flavor and prevents foods from becoming heavy and greasy.

New Handy Hinged-Top Can

You'll love Spry's handy, new, hinged-top can. It's so convenient. You can open and close it in a jiffy with just a flick of the wrist. And the lid never gets lost or falls on the floor. Get the thrifty 3-pound or the big family-size 6-pound can.

My grandson, Tommy, lookin' away doughnuts made the Spry way. They're so light and digestible a child can eat 'em.

LEVER BROTHERS COMPANY
Cambridge, Mass.
Printed in U. S. A.

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SPRY PANCAKE 14

Turn to page 2 and make up the recipe for Spry Pastry Mix. It's the greatest time saver in the history of pie baking!

The tasty pastry of cakes, muffins, breads, or waffles when you use Spry Pan-Cook. The recipe on page 14.

AUNT JENNY STARTS A BRIDE OFF RIGHT

YOUR COOK BOOK IS THE GRANDEST WEDDING GIFT, AUNT JENNY!
A WEEK LATER
I'M PROUD OF MY Spry CAKE, SO LIGHT AND DELICATE AND VELVETY AND MIXED IN A JIFFY. Spry'S SO WONDERFULLY CREAMY, I JUST LOVE TO USE IT
NEXT EVENING
AND Spry DOESN'T SMOKE OR SMELL UP THE WHOLE HOUSE
BOY, ISN'T THIS PIE CRUST TENDER AND FLAKY! YOU'RE A GRAND LITTLE COOK
Spry
PURE VEGETABLE SHORTENING
FOR ALL FRYING CAKES PASTRY BISCUITS PIES

IN 6-LB. 3-LB. AND 1-LB. CANS